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JULIA LOUIS-DREYFUS PROVES READY TO RULE AFTER TAKING HOME HER SECOND STRAIGHT EMMY FOR VEEP PAGE 9

Saskatchewan Roughriders running back Chris Garrett drops a pass against the B.C. Lions during the first half of their game in Regina on Sunday. The Riders lost 24-22. LIAM RICHARDS/THE CANADIAN PRESS

Down to the wire, down and out

Third straight loss for Green and White. Paul McCallum hits last-second field goal as Lions defeat Roughriders 24-22

Thomas DeMarco threw for two touchdowns in his first pro start and Paul McCallum hit a 42-yard field goal with no time on the clock as the B.C. Lions moved into second place in the CFL's West Division with a 24-22 win Sunday over the Saskatchewan Roughriders.

B.C. (8-4) won its second straight while Saskatchewan (8-4) lost its third in a row.

Darian Durant threw a touchdown to Weston Dressler with 38 seconds to play as the Roughriders appeared poised to overcome two costly fumbles and snap a two-game losing streak.

But Marco Iannuzzi returned the kickoff 28 yards and DeMarco passed for a pair of key first downs to set up McCallum's winning kick.

Just seconds earlier, Dressler had scored on a corner route that sent the 39,373 in attendance into a frenzy.

With the Roughriders facing third-and-15 on their own side of half inside the final minute, Durant threw a 14-yard pass to Rob Bagg.

But Lions defender Chris Wilson took a roughing-the-passer penalty to negate the turnover and give the Riders a fresh set of downs at the B.C. 40-yard line.

Durant then threw a 32-yard pass to Taj Smith to set up what appeared to be the winning score. But for the third straight game, the Roughriders ultimately paid the price for their turnovers and undisciplined ways.

"Those guys are good, especially that secondary," said Riders slotback Geroy Simon, who played his former team for the first time after 12 seasons in B.C. and tied Ben Cahoon's all-time receptions mark in the fourth quarter.

"They're a veteran group, they really know how to make plays and they know how to hold in tough situations."

The Riders recognized former players Eddie Davis and Gene Makowsky at halftime. Both players were members of Saskatchewan's 2007 Grey Cup roster and were inducted Friday into the team's Plaza of Honour. THE CANADIAN PRESS

Head in the game

"We've got to get back to playing good football. Regardless of all the freakish things that may have happened, we still have to be able to play football."

Riders head coach Corey Chamblin

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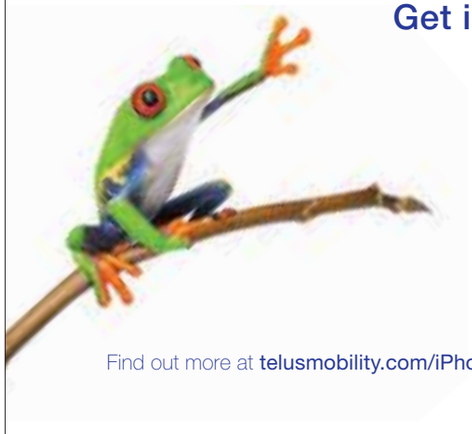

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Freshmen

Alleged hazing injures students

Mounties in a small Saskatchewan town say they are investigating allegations of hazing that injured freshmen students.

Sgt. James Richardson at the Lanigan RCMP detachment wouldn't say whether charges have been laid, noting the case is under investigation. He said the alleged incident occurred early this month and was reported to police by the victims. He said the students suffered minor injuries.

Richardson would not divulge the nature of the hazing.

He said most of the people being investigated are under 18.

THE CANADIAN PRESS

Moose Jaw

Roof caves in on courthouse

The Moose Jaw courthouse has sustained more than $1 million in damage after a section of its roof collapsed Saturday morning.

Moose Jaw police responded to an alarm at the courthouse and discovered that the roof had collapsed — causing what they called "substantial damage."

No one was inside the building, which is more than a century old. City police said the cause of the collapse is unclear.

While some initial media reports said it was a suspended ceiling that collapsed, police clarified on Sunday that wasn't the case.

"The decking part of the roof (the very top) didn't fall in, but everything underneath it fell down," Sgt. Terry Phillips told Metro.

MARCO VIGLIOTTI/METRO

Just over 200 participants marched through Riversdale and downtown Saskatoon on Sunday for the Scotiabank AIDS Walk for Life. Organizers are hoping to raise $50,000 this year. JACOB MORGAN/METRO

AIDS walk confronts prevalent problem

Dire need. Sask. has among the highest rates of HIV and AIDS infection in Canada

JACOB MORGAN
jacob.morgan@metronews.ca

The Scotiabank AIDS Walk for Life takes place all across the country, but it is perhaps most crucial right here in Saskatoon.

In Saskatchewan the rate of HIV is more than twice the national average, says James Dixon, a coordinator of the AIDS Walk, which took place Sunday.

"We do have a very active community of people who work with those who are living with or are affected by or are vulnerable to HIV," said Dixon. "An event like AIDS Walk is one of the only events every year that brings all these different groups into one giant fundraiser."

He added that in 2011, 76 per cent of new diagnoses were from injection-drug users and 81 per cent of the total of newly diagnosed identified as aboriginal.

"When we look at the history of Canada and Saskatchewan in our province and our city, with colonization and the residential school effect and inter-generational trauma, we can see where it's all stemming from," he said.

Although the disease is currently most common among First Nations people, traditionally it affected LGBT communities, said Kevin Seesequasis of the Avenue Community Centre for Gender and Sexual Diversity.

The proceeds from Sunday's walk are split between AIDS Saskatoon and the Avenue Community Centre.

"There is a sexual-health clinic that happens at both centres, the needle exchange programs at AIDS Saskatoon and lots of different programs that are running successfully in Saskatoon and creating a difference," said Seesequasis.

"But most importantly we have to work at getting the word out."

Funds raised

Last year the walk broke its record and raised $46,000. The organizers set the 2013 goal at $50,000.

- As of Sunday, Seesequasis said $41,000 had been raised, with more expected to come.

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Court battle. Public to see Omar Khadr for first time since capture 11 years ago

Former Guantanamo Bay inmate Omar Khadr is expected to make his first appearance in public since American soldiers captured him as a badly wounded 15-year-old in Afghanistan 11 years ago.

Khadr will be in an Edmonton courtroom Monday for an application to have his ongoing detention in an adult prison declared illegal.

"I want them to see Omar Khadr," his lawyer Dennis Edney said in an interview. "I don't want him hidden away."

Khadr's last court appearance was when he pleaded guilty to five war crimes in October 2010 before a U.S. military commission in Guantanamo Bay, where a few select people were allowed to watch the proceedings in person.

For his guilty plea, he was given an eight-year sentence.

The federal government, which opposes the application, argues Khadr has been appropriately placed in an adult maximum-security facility. THE CANADIAN PRESS

Jeffrey Delisle

Military mad that it could not quietly court-martial spy

The Canadian military was privately furious the Harper government did not allow it to court-martial a naval intelligence officer who sold top-secret information to the Russians, as seen in a newly declassified military assessment of the scandal.

The rules for courts martial give the military wide latitude on what evidence is kept secret. Through the court process, the public learned of lapses in security clearance and that top-secret defence computers were not as secure as the military believed. THE CANADIAN PRESS

Dozens slain in attack after church service

A Pakistani woman holds the lifeless body of her granddaughter in Peshawar on Sunday. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

Pakistan. Taliban say bombing, which killed 78, is meant to scare off U.S. drone strikes

A pair of suicide bombers blew themselves up amid hundreds of worshippers at a historic church in northwestern Pakistan on Sunday, killing 78 people in the deadliest-ever attack against the country's Christian minority.

A wing of the Pakistani Taliban claimed responsibility, raising new questions about the government's push to strike a peace deal with the militants to end a decade-long insurgency that has killed thousands of people.

The Jundullah arm of the Taliban said they would continue to target non-Muslims until the United States stopped drone attacks in Pakistan's remote tribal region. The latest drone strike came Sunday, when missiles hit a pair of compounds in the North Waziristan tribal area, killing six suspected militants.

The attack on the All Saints Church, which wounded 141 people, occurred as worshippers were leaving after service to get a free meal on the front lawn, said a top government administrator, Sahibzada Anees.

"There were blasts and there was hell for all of us," said Nazir John, who was at the church along with at least 400 other worshippers.

The white walls of the church, which first opened in the late 1800s, were pock-marked with holes. Blood stained the floor and the walls.

The number of casualties was so high that the hospital ran short of caskets for the dead and beds for the wounded, said Mian Iftikhar Hussain, a former provincial information minister who was on the scene. THE ASSOCIATED PRESS

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Relatives help a woman at the Nairobi City Mortuary after she identified the body of a victim of the mall attack in Kenya on Sunday. KHALIL SENOSI/THE ASSOCIATED PRESS

Canada offers support to Kenya

Mall attack. Baird speaks to counterpart in Kenya after two Canadians killed

Canada offered its support to Kenya Sunday, saying it was "prepared to do more" to help the east African country recover from a horrific terrorist attack that killed at least 68 people, including two Canadians.

Media reports and Facebook users identified Vancouver businessman Naguib Damji as one of the two Canadians caught in the crossfire as gunmen used AK-47s and threw grenades at Nairobi's upscale Westgate mall, a venue frequented by expatriates and wealthy locals.

Officials have confirmed that the other victim was diplomat Annemarie Desloges, who worked at the Canadian embassy in Nairobi.

The attack that began Saturday dragged into Sunday, with 10 to 15 terrorists holed up inside the building with a number of hostages as Kenyan authorities mounted what it called a final operation to end the siege.

Somalia's radical rebel group, al-Shabab, claims responsibility for the attack as retribution for the presence of Kenyan troops in Somalia. It said there will be no negotiations.

At least two Canadian citizens and one permanent resident were among the 175 injured. THE CANADIAN PRESS

Somalian rebels

"Al-Shabab's despicable actions ... show that the fight against terrorism is the great struggle of our generation."
Foreign Affairs Minister John Baird

Recent attacks

- **October 2011-March 2013.** Al-Shabab staged several attacks that killed more than 60 people in retaliation to the Kenyan government's decision in October 2011 to send troops into Somalia to battle the rebels.
- **July 11, 2010.** Militants from al-Shabab detonated near-simultaneous blasts in Uganda's capital at sites where crowds were watching the World Cup soccer final on large TV screens, killing about 76 people.
- **Nov. 28, 2002.** Militants bombed an Israeli-owned luxury hotel near Mombasa, killing 13 people.

Rescue mission. 'Most' of remaining hostages saved: Kenyan officials

Kenyan's military said late Sunday it had rescued "most" of the remaining hostages held by al-Qaida-linked militants in an upscale Nairobi mall after launching a major operation to end a two-day standoff that had already killed 68 people.

The assault, which began shortly before sundown, came as two helicopters circled the mall, with one skimming very close to the roof.

Kenyan police said on Twitter that a "MAJOR" assault to end the bloody siege had started.

THE ASSOCIATED PRESS

Family of Naguib Damji posted his photo on Facebook Sunday, identifying him as the second of two Canadians killed in Kenya. FACEBOOK

The University of Regina's skyline is changing. This spring we began construction on a new 605-bed residence that will be filled with students in time for the start of the 2015 fall semester. The project will also see the completion of a 90-space daycare and 150-stall underground parkade. This is great news for our campus.

The University of Regina needs more residence spaces to accommodate a growing number of domestic and international students, particularly those who come from outside of the Regina area. Studies demonstrate that students who live on campus are more engaged in campus activities and are more likely to continue on in their programs, so residence expansion is critical to increasing our student retention and program completion rates.

In addition, the residence, daycare and parkade will enhance the University in the years to come, and contribute to the larger community by freeing up other rental accommodations and day care spaces in our growing city and province.

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Dartmouth. 15 injured after backyard deck collapses during party

A Dartmouth, N.S. neighbourhood is in shock after a backyard deck collapsed 12 feet to the ground Sunday morning.

About 15 people were injured and taken to the QEII and Dartmouth General Hospital, four of whom suffered serious but non-life-threatening injuries. Two people were under the deck when it buckled.

Corinne LeBlanc, who lives in the condominium behind the house, saw the wooden deck collapse. She says she was going to file a noise complaint around 1:30 a.m. when she heard "a loud crack."

"I was in and out of sleeping because they were partying so much," she said. "Finally, I had enough, and I was going to call 911 when it went."

Witness

"I could hardly talk to the police because I was so worried about people being hurt. I knew they were hurt because I could hear them screaming."

Witness Corinne LeBlanc

Police, firefighters and paramedics were at the house in the 100 to 200 block of Green Village Lane within minutes of Leblanc's call.

Halifax Regional Police Staff Sgt. Bill Morris says the cause of the accident is under investigation. THE CANADIAN PRESS

People were back at the scene of a deck collapse Sunday on Green Village Lane in Dartmouth, N.S. JEFF HARPER/METRO

Child welfare

Strategy needed so kids aren't 'lost' in care, say advocates

In a home in Fort Qu'Appelle, Sask., just east of Regina, a little girl was confined to a windowless, dark basement room with just a small blanket.

She was denied the use of a toilet and was rarely bathed or fed.

The toddler, who was born in British Columbia, was supposed to be cared for by her maternal grandfather, who had been given custody after the child was taken from her drug-addicted mother.

But instead, children's advocates say the girl was lost in a child welfare system that failed her.

Mary Ellen Turpel-Lafond, B.C.'s representative for children and youth, says there is not enough oversight of children in care who move between provinces.

"We have inter-provincial regulation of eggs, chickens, cars, tractors and so forth, but we don't seem to have anything going with respect to children to the level of concern that we should have," Turpel-Lafond said.

Cheryl Milne, chairwoman of the Canadian Coalition for the Rights of Children, said because movement between provinces is not that frequent, it's not necessarily the top priority on each province's radar. THE CANADIAN PRESS

Rebekah Caverhill says she feels like a prisoner after her rental property was claimed as an "embassy" by a man she says identified himself as a Freemen-on-the-Land. JEFF MCINTOSH/THE CANADIAN PRESS

Woman fights to reclaim home declared embassy

'Freemen-on-the-Land.' Growing movement of so-called sovereign citizens is raising concerns with authorities

An Alberta pensioner says she feels like a prisoner after her rental property was claimed as an "embassy" by a man she says identified himself as a Freemen-on-the-Land, a growing movement of so-called sovereign citizens that is raising concerns with authorities both north and south of the border.

"I am an army of one," says Rebekah Caverhill at her home in Sylvan Lake, near Red Deer. "I've been beat up so badly by people that should be helping that I don't know where to turn."

Caverhill rented half a duplex she owns in Calgary's upscale Parkdale neighbourhood to a new tenant in November 2011 on the recommendation of a friend.

The renter, Andreas Pirelli, had recently moved to Calgary from Montreal and was a self-described handyman. She says he agreed to "spruce up" the property in return for three months of free rent.

What she thought was a good deal soon turned into a nightmare.

A few months after Pirelli moved in, Caverhill went to inspect the work and she says she found the entire kitchen and bathroom had been gutted. All the doors inside had been removed and the floor of the master bedroom had been painted black, she says.

But Caverhill learned she had much bigger problems.

"He walks me to the door and he's yelling at me, 'I'm a Freemen-on-the-Land,'" Caverhill says.

"I said: 'This is my house, not yours.' He said: 'No. This is an embassy house now and it's mine and you have no rights', so then he slams the door."

"As far as I'm concerned, anybody who sets up a company or an embassy on Canadian land and calls it a foreign entity, for me, that's a declaration of war," says Caverhill.

No one came to the door at the home when The Canadian Press sought comment from Pirelli earlier this month. THE CANADIAN PRESS

'Domestic terror' movement

- The Law Society of British Columbia and B.C. Notaries have both issued warnings about Freemen. In a bulletin last year, the society said the group may number as many as 30,000 in Canada.
- RCMP and the Canadian Association of Chiefs of Police are developing awareness materials for frontline officers and the movement is the subject of upcoming policing seminars in Vancouver and Toronto.
- The FBI considers the movement a domestic terror threat in the U.S.

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Holts gets lucky with Pharrell Williams pop-up collaboration

Retail. Omnipresent producer celebrates 10 years of Billionaire Boys Club clothing line by visiting Toronto store

At 40, the perennially youthful Pharrell Williams could easily be mistaken for a man half his age as he continues to loom large behind the scenes and on the front lines as a sought-after hitmaker.

Williams is heading into fall riding the wave of a successful summer that saw him as a featured player on two ubiquitous hits.

His smooth vocals coloured Robin Thicke's R&B anthem Blurred Lines and Daft Punk's disco-esque Get Lucky. Williams will soon be back in collaborative mode with Miley Cyrus, teaming up with the pop star on her new album, Bangerz, due out on Oct. 8.

In the meantime, the omnipresent hitmaker is marking a major milestone outside of music: the 10th anniversary of his Billionaire Boys Club clothing line, which includes graphic tees, hoodies, board shorts and denim.

In celebration of the anniversary, he made a special appearance at Holt Renfrew's Yorkdale location in Toronto on Saturday where a pop-up shop inspired by Williams was launched by the retailer.

Slated to be open until the end of October, the boutique will feature an assortment of items such as hats, hoodies, tees and jackets from Williams' various clothing lines, which also include Bee Line, Billionaire Girls Club and BBC Black.

The Canadian retailer will also feature BBC X Holt Renfrew, a special collaboration of exclusive sweaters and T-shirts for both men and women with prices starting at $68.

"It feels more like an installation in the sense that there's a curated experience," Williams said of the pop-up. THE CANADIAN PRESS

Pharrell Williams products are shown at Holt Renfrew's Yorkdale store in Toronto on Saturday.
COURTESY GEORGE PIMENTEL/HOLT RENFREW

Celeb artifacts

Check out his stuff

Visitors to the shop will get to see some of Williams' prized personal possessions including a N.E.R.D action figure, Louis Vuitton sunglasses and a custom Swarovski hoodie. But he turned coy when asked about the symbolism behind the pieces included: "It'd be cooler not to describe them. I mean, I still want that element of, like, surprise." THE CANADIAN PRESS

Device durability. Don't drop that new iPhone

As Apple pitches its newest smartphones, users may find something lacking compared with last year's model: They could break more easily.

SquareTrade, a provider of protection plans for gadgets, tested five smartphones, including Apple's new iPhones 5S and 5C, to see if they could withstand drops, dunks and other common hazards. Its finding: The latest models aren't as durable as last year's iPhone 5.

The biggest loser, however, was Samsung's Galaxy S4, which failed to work after being submerged in water and being dropped five feet off the ground, according to San Francisco-based SquareTrade.

The phone that withstood SquareTrade's torture test best was Google Inc.'s Moto X. The Moto X is the first phone designed with the Internet company as Motorola's new owner. Released in August, the Moto X is also the first smartphone assembled in the U.S.

"We were expecting that at least one of the new iPhone models would up its game, but surprisingly, it was the Moto X that proved most forgiving of accidents," said Ty Shay, chief marketing officer at SquareTrade. THE ASSOCIATED PRESS

With every upgrade Apple has made, the new model has usually been more durable than the previous one, based on drop tests SquareTrade has done — but that wasn't the case this time. ALAN DIAZ/THE ASSOCIATED PRESS

Toronto

What's an old transit sign worth?

Collectors and decorators will pay good money for public transit signs, but Jordan Munn stumbled upon a trove of authentic Toronto Transit Commission signs in the garbage.

Munn, 30, was walking by a recently renovated subway station when he saw a sign peeking out of a pile of trash. He managed to salvage four TTC platform signs, then posted photos of them on Reddit, which attracted numerous comments from impressed Torontonians. Many were surprised the TTC didn't try to sell the signs.

A TTC spokesman said the agency has other relics from its illustrious history lying in storage. "We need to come up with a business plan that allows us to sell this kind of material without taking a loss," Brad Ross said. THE CANADIAN PRESS

New York City

$2,500

New York City's Metropolitan Transportation Authority sells its subway station fixtures. The signs listed on its site are priced between $100 and $2,500 US.

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IT'S ABOUT *THAT* GUY, NOT ALL GUYS

URBAN COMPASS

Hilary Nelson
saskatoon@metronews.ca

It's a simple concept, but one we as a society are obviously struggling with, as shown by the need for the Saskatoon Police Service and partners' (Saskatchewan Liquor and Gaming Authority, Saskatoon Sexual Assault and Information Centre, Saskatoon Crime Stoppers and the University of Saskatchewan) latest campaign, Don't Be That Guy.

Sexual assault is not limited to rape, however — it's any instance of unwanted acts that violate the sexual integrity of a person.

Previously, most sexual-assault-awareness campaigns focused on the victims, most often women, unfortunately, with tips like "Don't wear your hair in a ponytail" and "Don't go out after dark." As "helpful" as this may be, as a functioning member of society, sometimes I must leave my house after the sun sets.

Much better to focus, as this campaign does, on the perpetrators of sexual assault, rather than confine women to their dwellings. As anyone who has had belongings stolen can tell you, "Don't steal" is more proactive than "Well, you should have bought a better lock."

As for the assertion that the campaign unfairly lumps all men together, I can confidently assert that, no, the vast majority of men do not perpetrate sexual assault. It's Don't be *that* Guy, not Don't be *a* Guy. Tellingly, this campaign has spawned a hateful imitator from opponents, titled Don't Be That Girl, blaming women for their sexual assaults. It's not edgy, nor is it new to blame victims for the crimes perpetrated upon them. But it does illustrate why we need awareness efforts to counteract the harmful assertion that engaging in common pursuits like drinking beer means that you are consenting to sexual activity.

One thing that this campaign could place more emphasis on is the fact that most sexual assaults happen between people who know each other. The rapist lurking in the bushes is not the most common scenario — most likely it's someone you are acquainted with, perhaps even dating. This is why it's so important to emphasize the idea of enthusiastic, mutual consent, where yes doesn't mean the absence of no. I know, this conjures up a cheesy image of people shouting 'YES!' at each other, like some demented life-insurance ad. But honestly, why would you want to have sex with someone when you're not absolutely sure they want to have sex with you?

That's kind of a downer, and I think we all deserve better than that. Then we wouldn't need public-service announcements like Don't Be That Guy anymore.

Sexual-assault campaign singles out *that* guy

As for the assertion that the campaign unfairly lumps all men together, I can confidently assert that, no, the vast majority of men do not perpetrate sexual assault. It's Don't be *that* Guy, not Don't be *a* Guy.

ZOOM

Scary sky morning, alien warning

MARKO KOROŠEC/SOLENT NEWS

Menacing photo of UFO-like cloud

Storm chaser Marko Korošec, 31, captured this formation while in Tornado Alley, an area across Texas, Oklahoma and Kansas where tornadoes frequently occur.
METRO

A still of an alien spaceship arriving above New York City, which looks like a super-cell storm, taken from the 1996 action sci-fi movie Independence Day, starring Will Smith. COURTESY 20TH CENTURY FOX

Tornado Alley

- Located in the central plains between the Rocky Mountains and Appalachian Mountains
- The U.S. records about 1,000 tornadoes a year, the most in the world

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

ISTOCK

The weather has taken a turn toward the cooler days of fall, so it's nearly time to put away the outdoor grill and start making heartier meals in the kitchen. If your skills have rusted a bit over the summer — or you're a complete noob — here's a few online destinations to help you get up to speed.

Feast:

As soon as you hit the home page, you're asked to enter your email address. If you're a beginner, sign up for the week-long Crash Course of easy lessons with a healthy side of humour emailed directly to you. Already capable of some entry-level kitchen wizardry? Take a shot at making kimchi in fermentation class or locking down the best way to gather some orange zest. (letsfeast.com)

America's Test Kitchen:

If you're ready to try your hand at some more complicated fare, the large catalogue of recipes, lessons and instructional videos available here are a domestic treasure trove. There's good stuff here for beginners too. But it wouldn't be the best use of your membership dollars. (onlinecookingschool.com)

Culination:

OK, so this isn't an operating site. However, it is a very intriguing Indiegogo crowdfunding effort aimed at creating what it calls the "largest library of cooking lessons in the world," all accessible by a custom-built interactive platform. The perks for funders are an easy win if it reaches its potential. (indiegogo.com/projects/culination)

Comments

metronews.ca

RE: Campaign To Halt Peru Cat-Eating Festival, published Sept. 20

All in the name of religion, what does that say? Sad that they hid behind the rituals from a time when food was not available. We find this unpleasant because we have cats for pets. I am sure these people do not care what we think and will continue doing what has been brainwashed in their head under the banner of religion. **Tiggerthe cat posted to metronews.ca**

This falls under m.y.o.b., why should I impose my morality and ethics on these people for a totally ethnocentric behaviour? It makes about as much sense as them making us eat cats. **Peter Justice posted to metronews.ca**

Why do you assume it's more acceptable to eat cows and pigs? Not everyone agrees with your choices, either. **Michael Girouard posted to metronews.ca**

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

metro
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Review

Who: Ellie Goulding

Where: iTunes Festival

When: Sunday, Sept. 22

●●●●●

If there's a downside to having a voice as layered and multi-faceted as Ellie Goulding's, it's the ever-present danger of it going off the rails. But danger, of course, adds an element of excitement. In Sunday's performance, the U.K. electro-pop singer didn't fail to thrill, adding surprise at every bend while maintaining control of her most-unusual instrument. Her emotive delivery on Joy, off her latest album Halcyon, was shiver-inducing, full of the sorrow one might expect from a song about the realization of a failed relationship, but then Goulding does an about-turn, giving strength to the line "watch me fall apart" that defies the fragile-bird heard just a moment earlier. By the time she gets to Anything Can Happen, the sweaty singer is busting out moves that look like they were cribbed from a hop-scotch court, sounding like a high-pitched Stevie Nicks with bleating operatic flourishes, and infusing the crowd with the confidence of the track. Goulding was gold. **EMINA GAMULIN/METRO**

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

Neil Patrick Harris, host of this year's Emmys, got some help early on by Jimmy Kimmel. GETTY IMAGES

Business not as usual

2013 Emmy Awards.
Early surprises as best supporting actress Merritt Wever delivers 'best speech ever'

Julia Louis-Dreyfus claimed her second consecutive best comedy actress Emmy Award on Sunday for her role as an ambitious political second banana in Veep, with Jim Parsons claiming the top comedy acting trophy for The Big Bang Theory.

"This is so much good fortune it's almost too much to bear," said Louis-Dreyfus. "I'm very grateful to have the opportunity to make people laugh. It's a joyful way to make a living."

Parsons added to the awards he won in 2011 and 2010 for the role of a science nerd.

"My heart, oh my heart. I want you to know I'm very aware of how exceedingly fortunate I am," he said.

Merritt Wever of Nurse Jackie won the night's first award

Homeland's Claire Danes. FRAZER HARRISON/GETTY IMAGES

for best supporting actress in a comedy series, kicking off the ceremony on a surprising note and with a remarkably brief acceptance speech.

"Thank you so much. Thank you so much. Um, I got to go, bye," Wever told the audience after besting a field that included two-time winner Julie Bowen of Modern Family.

"Merritt Wever, best speech ever," host Neil Patrick Harris said.

Backstage, she offered an explanation: "I'm sorry I didn't thank anyone. I was going to cry."

Tony Hale of Veep claimed the trophy for best supporting actor in a comedy, a category that has been the property in recent years of the men of Modern Family.

"Oh, man. ... This is mind-blowing; mindblowing," Hale said.

Robin Williams offered the first of five memorial tributes that were added to the traditional "in memoriam" group tribute.

"Jonathan Winters was my mentor," Williams said of the actor-comedian. "I told him that and he said, 'Please, I prefer idol.'"

On the red carpet, there were plenty of slit skirts, romantic lace overlays, graphic black-and-white combinations, strategic skin-baring slashes and tough-girl harnesses.

Girls creator Lena Dunham. FRAZER HARRISON/GETTY IMAGES

Claire Danes of Homeland wore a champagne-coloured beaded gown and Robin Wright of House of Cards was in a black silk-cady gown.

Other early winners included Tina Fey and Tracey Wigfield, who won for best writing for a comedy series for 30 Rock. **THE ASSOCIATED PRESS**

Online

- For a full list of winners and more Emmy coverage, go to metronews.ca.

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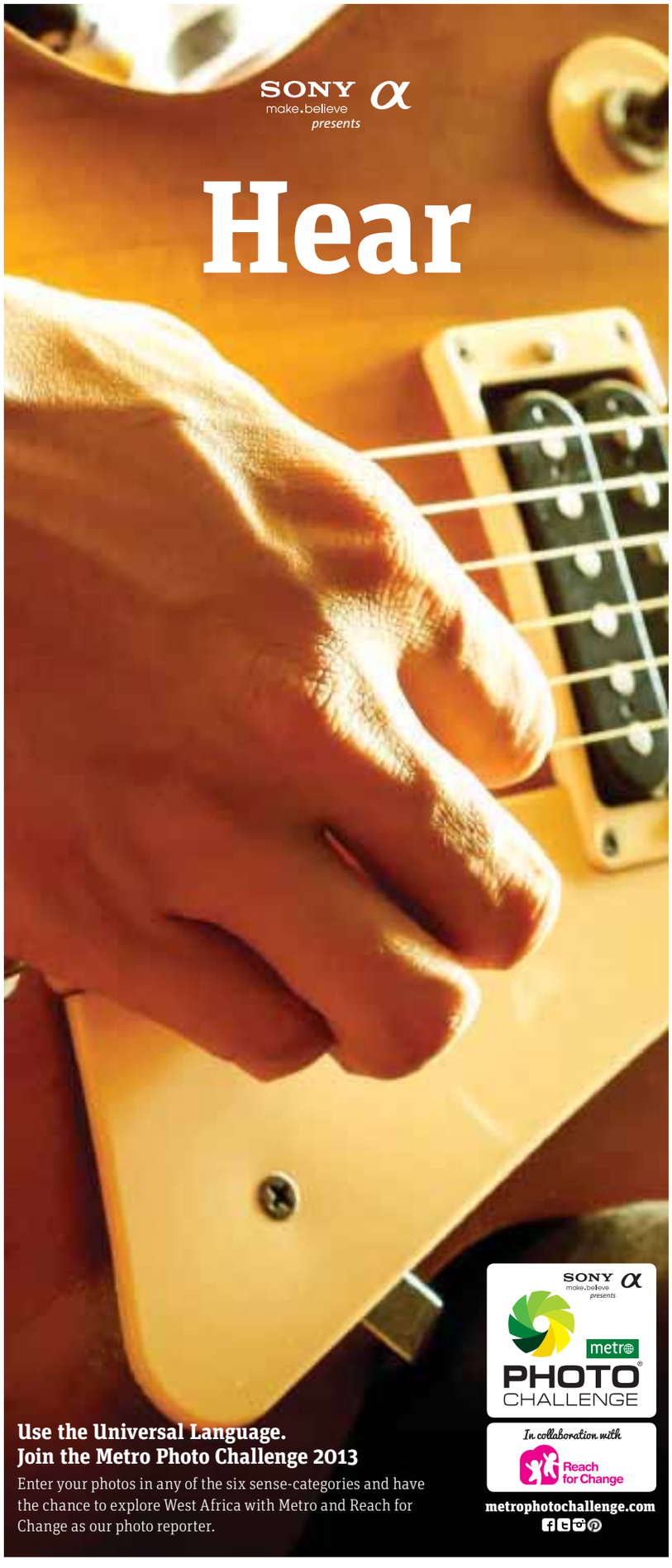

Twitter

@rosemcgowan
a DJ just yelled at me. "Respect my Art!!" Bahaha. Ok, don't suck.

@JuddApatow
You know you've gained weight when everyone keeps telling you that you look like you've lost weight.

@ZacharyQuinto
am i back in tokyo?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heigl's great to work with, now let me out of this basement

POP GOES THE WEEK
Malene Arpe
scene@metronews.ca

North of Hell's Patrick Wilson defends co-star Katherine Heigl against recent criticism that she's hell to work with and says, "She showed up, worked her tail off, super funny, super gracious, great to the cast, great to the crew, and was a total pro." He continues, "she gave everyone back rubs, bought us all new cars and raised the dead in her spare time. May I leave this basement now, Katherine? It's damp and I don't like it here."

Ben Affleck's 18-month-old son is photographed wearing a Batman T-shirt. Not to be outdone, Kris Jenner made Kendall and Kylie wear "successful talk show host" crotch-less panties.

Alexander Skarsgard says his team will beat Prince Harry's team on a charity trek to the South Pole. It's for charity. It doesn't matter who wins. Except, of course, if it's so cold Harry and Alexander have to snuggle to stave off frost bite and someone happens to film it, in which case we all win.

Leonardo DiCaprio will star in a Woodrow Wilson biopic. And if that doesn't finally get him an Oscar, he'll play some other historical figure no one's interested in and not win an Oscar for that either.

Demi Moore has reportedly started dating the father of a young ex-boyfriend. That's kinda weird and creepy, isn't it? Someone her own age?

Gwyneth Paltrow ALL IMAGES GETTY

Who likes short shorts? Not Paltrow

Gwyneth Paltrow admits that being one of the only ladies in The Avengers meant some wardrobe choices she didn't quite agree with. While Scarlett Johansson's Black Widow donned a full-body catsuit for much of the film, Paltrow's Pepper Potts wore some more revealing Daisy Dukes. "That was mean, wasn't it?" she confides in E! News. "Why am I in cut-off shorts and everyone else is in a suit? That's not fair."

Chris Brown

I know I did a bad thing but so did Jay-Z!

Chris Brown has had a tough go of it as far as his public image is concerned ever since he was convicted of assaulting Rihanna in 2009, and he's a little tired of how much he still has to put up with being judged about it — especially compared to other entertainers like Jay-Z. "No disrespect, because I'm a fan, but nobody brings up the fact that he stabbed somebody and sold drugs," Brown tells Jet magazine. "He gets a pass."

Travel bit

Avoid toddler plane hell

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Forget the horror of Snakes on a Plane. If you're a parent, you know that the Terror of Toddlers on a long flight can be even scarier.

It starts with the looks you get from other passengers as you guide your careening youngster down the aisle, and they all cross their fingers, hoping you will not be their seatmate.

Maureen Dennis, founder of weewelcome.ca has been that mom — with four young kids — and shares expert advice after having covered many miles with many toddlers.

"When travelling with toddlers, never plan on them sleeping on the flight. You can hope and pray that they might but there is a very good chance you will be their sole entertainment for the whole flight, which is a challenge in a confined space," she says.

What works best? "Pack a tablet with a movie on it, crayons, playdough, small toys, books, stickers and drinks and snacks for a small village," advises Dennis.

Should you let them stretch their little legs? Dennis doesn't think so. "Leave the walking up and down the aisles for emergencies as toddlers don't understand the seat belt sign and you may end up with a meltdown on your hands trying to get them back in their seat."

KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, AVAILABLE FROM MCCLELLAND & STEWART AT BOOKSTORES EVERYWHERE.

Public shaming: the new time out?

Discipline. Putting your kid's bad behaviour on display for the world creates headlines, but disciplinary approach misses mark: experts

When it comes to curbing persistently bad behaviour exhibited by children, is shaming the new name of the game in parental discipline?

Scott Mackintosh recently offered a very public — and buzz worthy — lesson in modesty to his teen daughter, whom he felt was continually dressing inappropriately, by turning the spotlight on himself. The Utah father donned a pair of short-shorts and a "Best Dad Ever" T-shirt for a family night out, resulting in embarrassment for his daughter, pointing and strange looks from observers and the image of Mackintosh in the getup going viral.

Meanwhile, other recent headlines have shown parents putting the misdeeds of their kids — and subsequent punishments — on public display.

Earlier this month, a California mom punished her daughter for defying orders not to "twerk" at a school dance by making the 11-year-old stand at a busy intersection holding a sign informing onlookers of her actions involving the suggestive dance move.

Brandie Weikle, editor-in-chief of Canadian Family magazine, said in observing the parental shaming trend in social media, she has found it interesting to see how polarizing the comments are in response to the actions. "There's plenty of people that think: 'Way to go. That's a parent taking a risk or being firm' and they're in favour of it. I guess I'm personally a little wary of that approach," said Weikle, mother of two sons, aged six and 10.

"I would prefer more of a logical consequence, and I'm not certain that embarrassment is necessarily what logically follows from the supposed crime. I'm a bit more in favour of connecting what's gone on to, for instance, a loss of privilege or natural consequence that has unfolded from what the child has done wrong."

Psychotherapist and parenting educator Andrea Nair said when parents use shaming as a disciplinary tool, they may get their children to obey, but likely won't get kids to co-operate — and it could harm their relationship in the process.

"Ridiculing and shaming hurts," said Nair, co-founder of The Core Family Health Centre based in London, Ont.

"If a parent realizes they have hurt their child on purpose (they can go) back and then (do) relationship repair and they think of a plan (and say): 'I was really frustrated. Your behaviour is not appropriate, and I'm trying to find ways to make it stop, so can you help me out here? Let's find a way for this behaviour to change, but without us both needing to be mean to each other.'"

Nair said the more calm and reasonable adults are, the more they'll teach their kids to follow suit. And if they're meeting resistance, she said parents can adopt what she described as the either-or approach.

"You can say: 'Are you going to be able to get off this video game, or am I turning off the Wi-Fi and unplugging the computer. Which is your pick?'" said Nair. THE CANADIAN PRESS

What is discipline?

"...disciplining, at any age, is about correcting and guiding (your child) toward appropriate behaviour."

Peggy Drexler, research psychologist
in a Psychology Today article

Embarrassing your child as punishment can be counterproductive, experts say. GETTY IMAGES

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LIFE 3

Fall fusion: Spicy gingerbread meets sweet banana loaf

1. Heat the oven to 325 F. Spray a Bundt pan with baking spray.

Ingredients

- 1 cup buttermilk
- 2 eggs
- 1/2 cup vegetable or canola oil
- 6 very ripe bananas, mashed
- 1 cup packed brown sugar
- 1/4 cup honey
- 1/4 cup molasses
- 2 cups bran
- 3 cups all-purpose flour
- 1 tbsp plus 1 tsp baking powder
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tbsp ground dry ginger
- 1/2 tsp nutmeg
- 1 tsp ground cloves
- 1 cup finely chopped bitter sweet chocolate
- 3/4 cup finely chopped candied ginger

This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

2. In a medium bowl, whisk together the buttermilk, eggs, oil, bananas, brown sugar, honey, molasses and bran. Let sit for 10 minutes.

3. Meanwhile, in another medium bowl, whisk together the flour, baking powder, salt, baking soda, cinnamon, ginger, nutmeg and cloves.

4. Once the banana-bran mixture has sat for 10 minutes, add the flour mixture to it and gently stir just until the dry ingredients are moistened. Gently fold in the chopped chocolate and chopped ginger. Spoon the mixture into the prepared pan and bake for 50 to 60 minutes, or until a toothpick inserted at the centre comes out clean.

5. Let cool for 15 minutes in the pan before turning out onto a wire rack to cool completely. THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Ribs and chicken are both favourites for many people but one is clearly a better choice.

Rack of pork back ribs with barbecue sauce

1,440 calories / 86 g fat

Stick to a couple of ribs as an appetizer, never a meal. You're getting a day's worth of calories and fat, all of which is saturated.

Equivalent

One rack of pork back ribs with barbecue sauce is equal in fat to two packages of cooked Maple Leaf bacon.

Half grilled chicken with skin (Swiss Chalet)

530 calories/ 42 g fat

Even half a grilled Swiss Chalet chicken saves you more than half the calories and fat than the ribs.

Sweet. Citrus-Spice Almond Butter Torte

1. Heat oven to 325 F. Coat 9-inch cake pan with baking spray, then line bottom with a circle of baking parchment.

2. In a medium bowl, whisk together the sugar, cinnamon, cloves, allspice, ginger and salt. Add the egg yolks, vanilla and both zests. Whisk until smooth, pale and slightly thickened. Gently whisk in the melted butter, then stir in the ground almonds. Gently fold in the flour, just until combined.

3. Spoon the mixture into the prepared pan and smooth the top. Sprinkle the raw sugar over the top, then decorate with whole almonds. Bake for 50 to 60 minutes, or until a toothpick inserted at the centre comes out clean. Let cool for 10 minutes, then remove from the pan and set on a wire rack to finish cooling. THE ASSOCIATED PRESS

Ingredients

- 1 1/4 cups granulated sugar
- 1 tsp cinnamon
- 1/2 tsp each ground cloves, allspice, dry ginger
- 1/4 tsp kosher salt
- 6 egg yolks
- 1 tsp vanilla extract
- Zest each of 1/2 orange and lemon
- 1 cup (2 sticks) unsalted butter, melted
- 1/2 cup toasted and finely ground almonds
- 2 cups all-purpose flour (sifted, then measured)
- 2 tbsp raw sugar
- Whole almonds, to garnish

First the alphabet, then the post-secondary world

Decision time. Book on college acceptance race was inspired by author's own experiences: she signed her baby up for preschool too late

As a post-secondary school counsellor, Lacy Crawford thought she understood how students and their parents were driven crazy by the application process — until she had a baby. Crawford says that as soon as she was "late" to sign her four-month-old son up for preschool, she truly felt what it was like to walk in the shoes of the parents she'd been advising. That experience became her novel, Early Decision, which follows a top-tier counsellor and her students through the head-spinning frenzy of applications. We asked Crawford about walking the line between fiction and memoir for her debut novel.

How did you find the characters in the book?
All of the stories in Early Decision are based on things that happened. There were interactions between parents and students that really troubled me, that I couldn't get out of my memory and I wanted to try to understand them. I also wanted to write them in a fun way — it's a satire. It's accessible, and it's meant to let parents and students see what this process is doing to us.

So what do you feel the process is doing to us?
I think (the application process) puts the emphasis on getting in rather than growing up. So, I had the characters begin with their essays (the book features college essays from Crawford's fictional students) and I wrote their essays and then I figured out who their parents were and went from there.

It sounds like you're a little bit skeptical about the application process. Is that true?
I'm not an education expert — my experience is only anecdotal, but I think the process privileges the very privileged, the rich kids who attend private schools all the way through, or public schools in towns that have the really good schools. Those are the kids who know what they're competing for and how to compete for it. At the other end of the spectrum, there are underserved young people who, when they can perform, the top colleges are desperate for them. If you are an ethnic minority coming out of a top (or a terrible) public high school and you have great scores, ivy leagues will fight each other for you. In the middle are hundreds of thousands of kids, maybe millions — lots and lots of kids who are good, bright kids, coming out of middling high schools (that) haven't given them the resources they need to know what colleges are out there. And their parents are maybe working full time and maybe not obsessed with Yale, so they don't have the time and the resources to figure out how to give their kids all the boosts that the rich kids are getting.

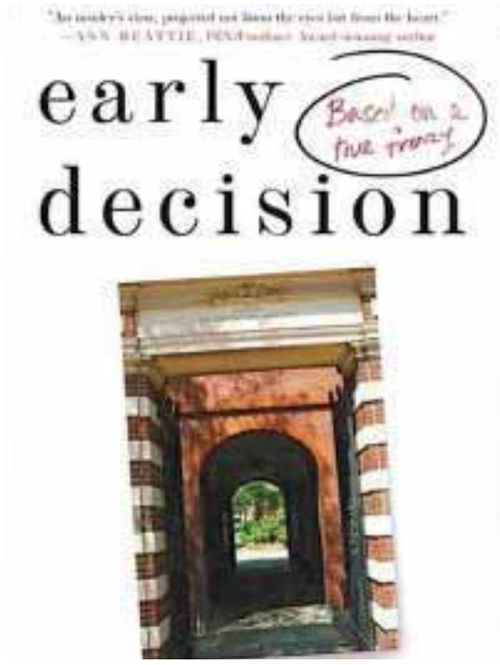
Does the higher learning application process favour rich kids? ISTOCK

Mixed priorities

"I think (the application process) puts the emphasis on getting in rather than growing up."
Post-secondary school advisor Lacy Crawford

What are your feelings about your own kids and college?
My fantasy for my boys is actually a fantasy for myself. I hope that by the time they are 17, I am so confident of their character and so sure that they know their own hearts that I will be able to support whatever decisions they make.

METRO



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Luck goes against Harbaugh's Niners

Colts QB Andrew Luck slams the ball scoring on a six-yard touchdown run on Sunday in San Francisco. THEARON W. HENDERSON/GETTY IMAGES

NFL. Sophomore QB outperforms college coach, Kaepernick in win

The San Francisco 49ers find themselves in unfamiliar territory under third-year coach Jim Harbaugh: on a losing streak.

It's pretty uncomfortable for all involved considering the rash of uncharacteristic penalties, a star player headed to rehab for an indefinite absence, and an offence that has produced 10 points the past two games. Not to mention a mistake-plagued defence, supposed to be among the best in the NFL, giving up big plays and showing serious flaws.

Andrew Luck thoroughly outshined Colin Kaepernick in a matchup of Jim Harbaugh quarterbacks past and present, and the Indianapolis Colts beat the San Francisco 49ers 27-7 on Sunday.

"Not winning this game, not being in position to make plays and make it competitive, that was disappointing to all of us," Harbaugh said. "You can question just about everything right now. We didn't play well enough to win in enough areas, on enough downs."

San Francisco has a quick turnaround before a key division matchup at St. Louis on Thursday night — but the 49ers won't have linebacker Aldon Smith, who is seeking treatment following his arrest Friday morning on suspicion of DUI and marijuana possession.

Smith apologized after the game to "everybody I let down," while 49ers CEO Jed York defended the organization's decision to let him play ahead of him leaving the team to get help.

Making matters worse, the 49ers lost All-Pro linebacker Patrick Willis to a groin injury. His status is unclear.

Luck passed for 164 yards while facing his college coach for the first time. Trent Richardson scored a one-yard touchdown on his first carry in his Colts debut after being acquired on Wednesday from the Browns. He was drafted two spots behind top-pick Luck last year.

Ahmad Bradshaw added a one-yard TD run in the final minutes, and Adam Vinatieri kicked a pair of field goals for the Colts (2-1).

This marked Kaepernick's first loss at Candlestick Park as a starter.

Luck stole the show. He completed his initial six passes and spoiled the home team's reunion day between coaches on both sides who know each other's tendencies dating to their days at Stanford.

THE ASSOCIATED PRESS

Quoted

"I wasn't caught up in, 'Oh my gosh, I'm going up against Coach Harbaugh."

Colts QB Andrew Luck, who beat his Stanford coach Jim Harbaugh on Sunday

MLB. O's wild-card future bleak with loss to Rays

Adam Jones can do the math: Sunday's 3-1 loss to the Tampa Bay Rays left the Baltimore Orioles 4 1/2 games out of the AL's wild-card berth with seven games left.

"Basically we're going to have to win out and hope for the best on the other side," the Orioles centre-fielder said.

Baltimore has lost three straight to the Rays going into Monday's series finale.

Enny Romero won in his major-league debut, combining with five relievers on a three-hitter. THE ASSOCIATED PRESS

Rays left-hander Enny Romero got his first win on Sunday. GETTY IMAGES

NHL. Maple Leafs win rough outing vs. Sabres

Phil Kessel scored his first two goals of the pre-season and the Toronto Maple Leafs held off a third-period Buffalo Sabres surge to hang on for a 5-3 win Sunday night.

Kessel was involved in the main flash point of the game at 10:01 of the third when he was targeted by the Sabres' John Scott. He backed away from Scott while twice swinging his stick at the Sabres tough guy before a brawl broke out that included a goalie fight between Ryan Miller and Jonathan Bernier. THE CANADIAN PRESS

Leafs goalie Jonathan Bernier takes a swing at the Sabres' Ryan Miller on Sunday. TORSTAR NEWS SERVICE

WHL

Blades blasted to start new season

It's not the start to the season the Saskatoon Blades hoped for.

The Blades (0-2-0) dropped both games of a home-and-home series with the Prince Albert Raiders (2-0-0) on the weekend, including a humbling 6-1 loss on Friday on home ice.

In the return match on Saturday in Prince Albert, the Blades revved up their offence, but it wasn't enough as the Raiders skated away with a 6-5 victory.

The Blades have the rest of the week to lick their wounds before hitting the road to face the Moose Jaw Warriors on Saturday night. METRO

CJFL

Hilltops roll to win past Huskies

Passing the midway mark of the Canadian Junior Football League (CJFL) season, the defending champion Saskatoon Hilltops are shaping into form.

In a huge offensive outburst on the road, the Hilltops defeated the Edmonton Huskies 58-8 Saturday night at Clarke Stadium.

The Hilltops have only lost once all season — to fellow the provincial rival Regina Thunder — as they look for a fourth consecutive CJFL title.

Next weekend, the Hilltops will return to northern Alberta to face-off against the other CJFL team located in province's capital, the Edmonton Wildcats.

METRO

Golf

Stenson earns $10-millon payday with Tour Championship win

Henrik Stenson held off a brief challenge by 20-year-old Jordan Spieth and closed with a 2-under 68 to win the Tour Championship by three shots and capture the FedEx Cup and its $10-million bonus. Stenson earned $1.44 million for winning the tournament.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Better times are just around the corner but although you may believe that, a friend or colleague does not, and you must make an effort to convince them. Their happiness is tied to yours.

♉ Taurus
April 21 - May 21
Sudden changes will be the norm over the next few days. The planets indicate that nothing can harm you so long as you stay calm and refuse to be rushed.

♊ Gemini
May 22 - June 21
Why sit around waiting for people you hardly know to make decisions which affect your life? Your life is what you choose to make of it.

♋ Cancer
June 22 - July 23
Stop feeling sorry for yourself and start looking for ways to improve your life. you have to work harder for less reward for a while but think of it as an investment. The tide WILL turn

♌ Leo
July 24 - Aug. 23
You may be of the opinion that a partnership that has been causing you grief is no longer worth the effort but don't give up on it. The planets indicate it is about to surprise you, in a nice way.

♍ Virgo
Aug. 24 - Sept. 23
You may feel that you are destined for bigger and better things and you may be right but it won't happen as if by magic. Determine your number one priority today – then go for it to the exclusion of everything else.

♎ Libra
Sept. 24 - Oct. 23
If you wish for something hard enough today there is every chance that your wish will come true. The planets indicate this is your time of year and extraordinary things can happen – so wish away.

♏ Scorpio
Oct. 24 - Nov. 22
Don't let what other people are doing distract you from what you should be doing. Yes, it may seem that they are having more fun but in the long-term what's more important to you, having fun or making money?

♐ Sagittarius
Nov. 23 - Dec. 21
You may be eager to show what you can do but try waiting until later in the week before pushing yourself to the front of the stage.

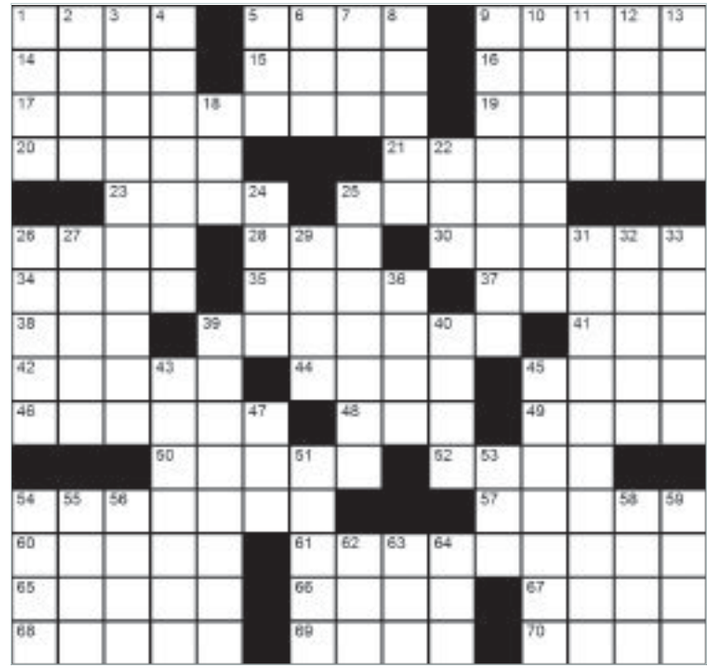
♑ Capricorn
Dec. 22 - Jan. 20
The best way to change the world is to change your own attitude. It's not really the world "out there" that is the problem but the world you create inside your own head.

♒ Aquarius
Jan. 21 - Feb. 19
You may be upset that something did not work out the way you wanted it to but over the next few days you will realize it was for the best. New opportunities will arise.

♓ Pisces
Feb. 20 - March 20
In some way or other you are still trying to hold back the tide, even though you know it cannot be done. The time has come to accept that you must move with the times, because the times won't move with you. SALLY BROMPTON

Crossword: Canada Across and Down

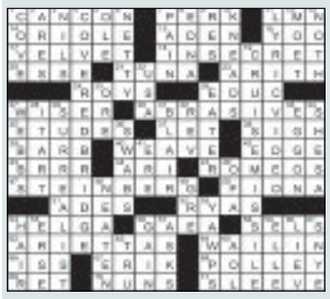
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Police dept. rank
5. Skedaddle
9. Feminine 'this' in French
14. Lion's mane part
15. Marsh plant
16. "__ Pearl" by 54-40
17. Douglas __ (Second husband of the Canadian actress at #9-Down)
19. Dennis of movies
20. "Blame It __ __" (1984) starring Michael Caine
21. Every bit as
23. Hero
25. Pasted
26. 9:00_ _ __ 5:00pm (Office hours)
28. Wood sorrel
30. Conflicting: 2 wds.
34. Bankruptcy reason
35. Boring
37. Handle in the hospital
38. Pathway, for short
39. Mont-Saint-__, Quebec
41. Passed in 1867, it made Canada [acronym]
42. Not napping
44. "__ _-Team" ('80s series)
45. Crooned
46. Planets
48. Ship's stern
49. Amounts [abbr.]
50. Off to _ __ start
52. Spanish 'water'
54. Greek Myth: Slayer of Medusa
57. Actress Ms. Ward's
60. __ Harp
61. Play poker one on one: 2 wds.
65. Engraved head necklace piece
66. Fluish feeling
67. British band, __ Shaker
68. Informal-style of wording
69. Judge Judy's garb
70. Lovestruck, olde-style

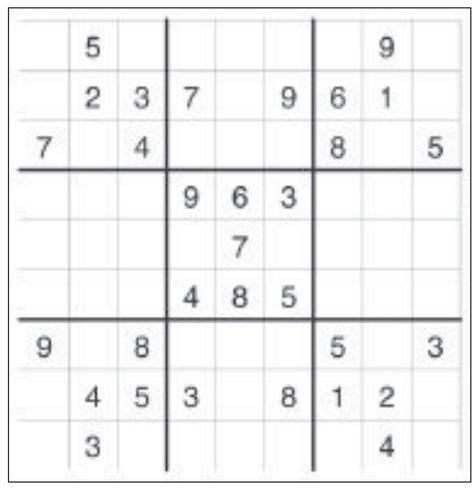
Down
1. Data
2. "Wavin' Flag" by K'__
3. British Columbia's provincial mammal: 2 wds.
4. Green hue
5. Monk's title
6. DWTS judge
7. "Mouse!"
8. Bygone car
9. 1929 film for which Mary Pickford won an Academy Award for Best Actress
10. South American country
11. Greenish-blue
12. Cat part
13. Complete-ish
18. "Surprise!"
22. Sine __ non (Essential thing)
24. CCR tune
25. Sir of the Round Table
26. "It's _ __!" (Tied game exclamation)
27. "Love __ Times" by The Doors: 2 wds.
29. Religious sect
31. 'Let Go', for Avril Lavigne in 2002: 2 wds.
32. Mr. DeVito
33. Pre-weddings parties
36. Willingly, to a poet
39. Video game, Sonic the __
40. Proportionately, Pro __
43. Canadian speed skating great/Olympian, Cindy __
45. Makes mouse noises
47. Old French coin
51. Academy Award
53. Prime meridian std.
54. Photos
55. 'Fed' suffix
56. Terza __ (Italian verse form)
58. "__ _ Wanna Do" by Sheryl Crow
59. Musical chairs goal
62. Past
63. Wipe
64. Canadian comedian Gerry

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

metro
News worth sharing.

flurries
Flurries Sheepskin is looking for 4 full-time Sales Reps to sell shoes and apparel in Market Mall, 2325 Preston Ave, Saskatoon, Sk.
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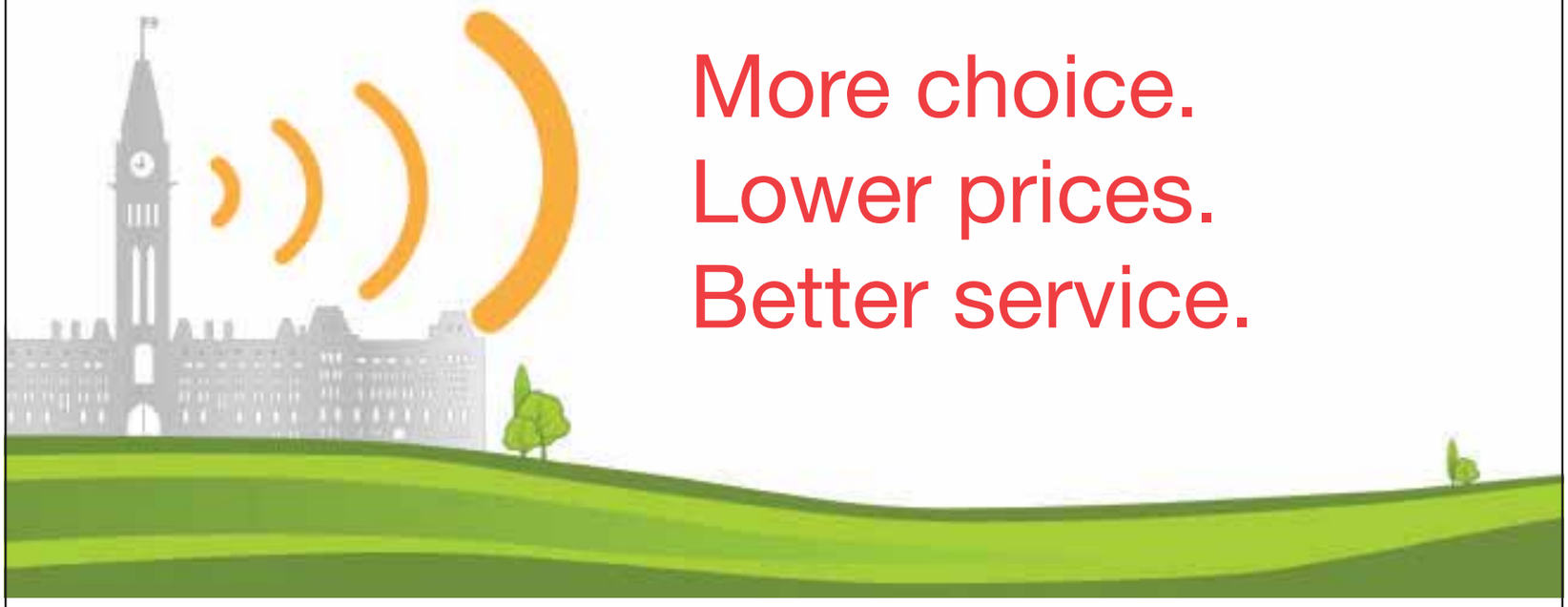
Canada's Wireless Policy:



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